



## Building Stronger Communities, Together



### MONTHLY HIGHLIGHT

## Adopt a Block: The giving goes on in 2022

Piloted in 2020 for SG Cares Giving Week, Filos' Adopt a Block initiative continues to provide essential items and food rations to residents living in rental blocks of Bedok, in hopes of reducing their financial stress. As part of SG Cares Giving Week 2021, the SG Cares Volunteer Centre @ Bedok, operated by Filos Community Services, coordinated and consolidated efforts to reach out to 17 rental blocks in Bedok town from end-November to December.

Over 1,700 residents were blessed with care packs, co-ordinated through SG Cares VC @ Bedok who garnered support from corporate partners, government entities, religious organisations and community partners. More than 100 volunteers helped out in the distribution. Drenched perspiration, these volunteers worked hard to bring the packs to the doorstep of the residents, eventually being greeted with a multitude of bright smiles and sincere gratitude for the little blessing gifts.

As the new year dawns, the SG Cares VC @ Bedok will be continuing this programme as a year-round initiative in partnership with our community partners. Through this, we hope to reach out to

each rental block at least 4 times a year to better help alleviate their financial burdens.

*If you and your organisation have a common goal of addressing food and essentials insecurity, do write to [volunteer@filos.sg](mailto:volunteer@filos.sg) to find out how we can collaborate!*

---



#### PROGRAMME HIGHLIGHTS

## Hope for the new year: Making a difference while wearing 3 hats

On top of being a student and a freelancer, Jia Wei has also been a regular volunteer with Filos' Tuition programme since January 2021.

"Growing up, I was fortunate enough to be able to afford tuition and have more resources than others," he said. "But I am fully aware that not everyone has the equal opportunity, hence this motivated me to aid them to give them a fair chance to succeed in their studies."

Over the past year of volunteering, he faced some challenges balancing his various commitments especially during exam periods. However, he overcame these by planning his schedule ahead of time. He works closely with Intan, our Programme Coordinator, to request for breaks in advance so as to give her ample time to find other volunteers to help out.

For the year ahead, he hopes to still be able to manage his time and continue volunteering with Filos. His greatest motivation is seeing the kids improve. "That itself shows that I've made an impact in their studies and hopefully in life as well," he added.

*To find out how it is like to volunteer with families, children and youth, sign up for our [upcoming recruitment talks](#) today!*

---



## PROGRAMME HIGHLIGHTS

### Hope for the future: Face-to-face interaction with seniors

Having to juggle a full-time job with volunteering is not an easy feat. However, Norman still chooses to volunteer regularly as he believes in sharing the blessings he received by giving back and helping others in need.

One of the most memorable volunteering experiences he has had with Filos was a door-to-door Christmas carolling event held before the COVID-19 pandemic. He recalled how one of the beneficiaries, who was gravely ill, teared out of gratitude. The experience reinforced his belief in the importance of volunteerism. "Volunteering shows the care from the community. It brings love, warmth and a listening ear to those in need," Norman shared.

Besides helping with outreach, Norman is also a regular senior befriender with Filos. Volunteering, to him, benefits not just the receiver but the giver too. "It is also a blessing to me when I see the smiles of the seniors," Norman added. As for the year ahead, he hopes to be able to resume more face-to-face interaction with his befriender when the covid situation improves.

*To find out how it is like to volunteer with seniors, sign up for our [upcoming recruitment talks](#) today!*

---



## STORY OF THE MONTH

### Never too young, never too old!

On 9<sup>th</sup> and 10<sup>th</sup> Dec, two groups of (soon-to-be) friends came together to participate in Filos' first Intergenerational Learning Programme (ILP). An activity-packed two days awaited our eager participants from our Eldercare and Family, Children & Youth services at Filos.

"I was nervous when I first met the elderly as I am worried that we cannot communicate but when we talk more, we start to understand each other better and I am no longer nervous. I felt happy!" shared Kayla (12 years old) about her friend, Mdm Ong (80 years old). On the first day, Kayla and Mdm Ong participated in an activity where Mdm Ong shared about her experiences growing up in a kampong, while Kayla drew out scenes from Mdm Ong's childhood. When asked how it was like doing activities with her new friend, Mdm Ong happily remarked, "Kayla was good. She coloured with me. It was fun! I really like children."

On the second day, 13-year-old Bilal also engaged his new friend, Mdm Go (80 years old) in an art and craft activity to make plastic bag holders. Despite the language barrier between the two, Bilal and Mdm Go used their drawings and hand gestures to communicate with each other. Bilal proudly shares, "I learned how to have teamwork," while Mdm Go happily noted, "I had fun and he taught me what to do. I really enjoy the different activities at Filos and try to attend whenever I can!"

It was a truly meaningful and fun-filled 2 days of intergenerational learning and we are heartened to see our young and old beneficiaries forming new friendships!

*To find out more about how you can help out in our programmes for all ages, drop us a note at [volunteer@filos.sg](mailto:volunteer@filos.sg).*

---

## VOLUNTEERING OPPORTUNITIES

**Make a difference in  
someone's life and  
volunteer with us today!**

If you are thinking of ways to give back to the community, you could consider making a donation or sharing your skills and time for a great cause.

Check out the various volunteering opportunities at Filos and within Bedok Town below!



**"We make a living by what we get, we make a life by what we give."**

**- Winston Churchill**

## **Filos Community Services**

### **Eldercare**

- [Activity Organiser \(Active Ageing Centre\)](#)
- [Activity Facilitator \(Active Ageing Centre\)](#)

### **Skills-based**

- [Drivers for Ad-hoc Collections](#)
- [Volunteer Digital Marketer \(Fundraising\)](#)
- [Volunteer Fundraiser](#)
- [Videographer for Promotional Video](#)
- [Design Volunteer](#)

### **Volunteer Recruitment Talks**

- [Volunteering with Families, Children and Youth](#)
- [Volunteering with Seniors](#)

## **SG Cares Volunteer Centre @ Bedok**

### **1. Eldercare**

#### **Ad-hoc**

- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [NTUC Health Nursing Home @ Chai Chee - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

#### **Regular**

- [HCA Hospice Care - Vigil Angel Project](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender](#)

### **2. Persons with Disability**

### Ad-hoc

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

### Regular

- [SPD@Bedok - EIPIC Teacher](#)

## 3. Family, Children & Youth

### Ad-hoc

- [VOX - Activity Engagement](#)

### Regular

- [SSO@Bedok - Family Befriending](#)

Volunteer with Us Today!

---

## DONATE

# Giving Hope to the Community

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Donate Today!

---



Get in Touch

### About Filos

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

---

**Filos @ 55**

55 Chai Chee Drive #01-222  
Singapore 460055

**T** +65 6241 1503 | **F** +6242 6039

**Filos @ 38**

38 Chai Chee Avenue #01-177  
Singapore 461038

**T** +65 6242 5978 | **F** +6242 6039



Copyright © 2021 Filos Community Services Ltd, All rights reserved.